Do You Know



What it **REALLY** takes to become a **PHYSICIAN?**

- High School: High school DOES matter!
 - * High School grades affect the college you can get into for your undergraduate degree, the courses you can take (remedial vs. regular) and your ability to obtain scholarships.
 - * Take <u>health science</u>, <u>math</u>, and <u>science</u> courses so that you can have a good foundation for those courses in college.
 - * AP courses can help prepare you for college-level courses, however for premed requirements they are usually not accepted. These credits may count towards your bachelor's degree.
 - * Attendance get in the habit of being in class every day ALL the time.
 - * Study Habits be organized, learn time management, learn how to study.
 - * High School is the perfect time to gain a commitment to community service, ethical behavior, compassion, leadership ability, and communication skills.

College:

- * Medical schools generally prefer that you choose a major for your Bachelor's degree that you have an interest and enthusiasm for. So, if you love art, major in art; if you love computers, major in computers; if you love science, major in a science area.
- * "Pre-med" is generally not a major, but rather something you "declare" so advisors can help you select the appropriate pre-requisite courses to apply to medical school in the future.
- * There are both recommended and required pre-medical courses that you must take in order to apply to medical school check with the medical schools you anticipate applying to.
- * Medical schools want evidence of strong academic performance. That means competitive GPAs and MCAT scores. Good marks will not necessarily get you in, but poor marks can keep you out. Academics are critical, but they are not the whole picture. Think about it have you ever asked your doctor what his/her MCAT scores were?
- * Besides achievement in academics, there are other areas that you must also have outstanding performance in (see other side). Students should gain essential experiences and learn about themselves through these areas.

University of Utah School of Medicine Website: http://uuhsc.utah.edu/som/admissions
Other Medical School Websites: www.medschool.northwestern.edu/admissions
http://uuhsc.utah.edu/som/admissions
http://uuhsc.utah.edu/som/admissions
http://uuhsc.utah.edu/som/admissions
http://uuhsc.utah.edu/som/admissions
www.medschool.northwestern.edu/admissions
www.uwmedicine.org/education/mdprogram

Becoming a Physician . . . YOU CAN DO IT!

Leadership Ability

- · Dedication, determination, ability to make decisions, and a willingness to contribute to the welfare of others.
- · Positions in employment, church, community, school organizations.
- · Purpose: To learn to accept responsibility of all kinds.

Extracurricular Activities

- · How well you handle responsibilities and deal with stressful situations.
- · Work, volunteer service, research, athletics, student government, and family obligations.
- · Purpose: To help you become wellrounded; to learn how to multi-task and promote good time management skills.

Research

- · Must involve the testing of a hypothesis.
- · Can be in any discipline, at any site, but must be outside of a course requirement.
- · Purpose: To learn how to analyze and interpret new information; critical thinking skills.

Elements

of preparation for

Medical School

Physician Shadowing

- Understand the challenges, demands, and lifestyle of a medical doctor.
- · Shadow licensed M.D.'s or D.O.'s only, any specialty.
- · Purpose: Know what a career in medicine entails.

Community/Volunteer Service

- · Commitment to your community by involving yourself in service and volunteer activities.
- · Purpose: Demonstrating that you care about people, being kind without a reward: altruism.

Patient Exposure

- · Volunteer or work experience in hospitals, ERs, homeless clinics, or nursing homes be comfortable around ill people.
- · Must be actively involved in patient contact with patients other than family members.
- · Purpose: Gain exposure to the medical environment; teamwork; being comfortable around people who are ill.

Grade Point Average

- · Schools will calculate separate GPAs for your science courses, non-science courses, and overall.
- The average GPA of accepted students is about 3.5 nationwide every year, and the range is approximately 2.5 4.0.
- · Purpose: Demonstrate academic achievement and commitment.

(Counts for 20% of your ranking)

MCAT Scores

- Take within 3 years of application to Medical School.
- The average score for accepted students nationwide is about 30, and the range is approximately 18-42.
- · Purpose: Knowledge of basic sciences, performance on standardized exams.

* Must have average to outstanding performance in ALL areas *